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WAR FOOD ADMINISTRATION  
Office of Distribution  
Washington 25, D. C.

November 15, 1944

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FACT SHEET ON EGGS

The Goal:

To increase consumption of medium-cost eggs during the next 6 to 8 weeks.

The Why:

Supplies of medium-cost (Grade B) eggs currently are very large relative to demand, while supplies of high-cost (Grades A and AA) eggs currently are short of demand in many markets.

Background:

With incomes at peak levels, many housewives have largely eliminated medium-cost eggs from their shopping lists. This, plus the fact that total egg production is running about 6 percent above last year's record while consumption has remained about the same, has slowed up the sale of other than top-grade eggs. At the same time, prospective war requirements for dried eggs (which usually are made from eggs scoring Grade B or under) are now considerably less than they were last year at this time. Thus, the quantity of shell eggs which must be marketed domestically is greater this year than it was a year ago.

What Should Be Done:

- (1) Urge increased consumption of eggs. Supplies are large and the flush season is approaching.
- (2) Encourage consumers to buy officially graded and certified eggs. U. S. egg grades are designed to help them get the quality they desire and are willing to pay for.
- (3) Tell handlers and consumers how important it is that eggs be kept under refrigeration at all times until used. Under improper storage conditions egg quality declines rapidly.
- (4) Urge housewives, managers of public eating places, and institutional users to use middle-grade eggs whenever possible. Grades A and AA are more satisfactory for boiling, poaching, and frying, but Grade B and even Grade C eggs, when properly graded and stored, are just as satisfactory for many other purposes -- and always cheaper.

All these efforts are important, but from the standpoint of attaining immediate results, number 4 is particularly important.

Suggestions:

Point out (1) eggs need not be top-grade to be suitable for use in baking and in preparing other dishes. Pound for pound, middle-grade eggs are as nutritious as those of the top-grade and, when used in making pancakes, souffles, waffles, croquettes, and other mixtures, including puddings, cakes, and cookies, they are as taste-satisfying as higher-grade eggs; (2) middle-grade eggs sell at noticeably lower prices, during this short-production season,

than higher-grade eggs. In Washington, D.C., many stores have been charging as much as 19 cents per dozen less for Grade B (large) eggs than for Grade A (large) eggs. (Substitute prices in your own city or locality for the Washington prices.)

All this means that consumers can reduce their food bills, without sacrificing culinary appeal or nutrients, by buying and using medium-cost eggs for all baking purposes and as a cooking ingredient. They'll be helping to conserve an important wartime food, too.

Cooperation Needed:

Women's page editors, magazine (weekly) food editors, feature writers, trade publications, grocery stores, advertising agencies, radio writers, home economics teachers, nutritionists should be contacted in each region and on a national basis and the need and desirability of increasing consumption of medium-cost eggs NOW should be explained to them.

Grocers, in particular, can contribute a great deal to the success of this effort by featuring medium-cost eggs and suggesting how they can best be used. This can be through advertisements, store displays, posters, etc.

Recipes:

Below are a few taste-tempting ways in which medium-cost eggs can be used to enrich November and December menus:

EGGARONI

|  |                                       |
|--|---------------------------------------|
| 2 tablespoons fat                        | 2 teaspoons minced onion              |
| 2 tablespoons flour                      | 4 to 6 hard-cooked eggs,<br>quartered |
| 2 cups milk                              |                                       |
| 1 tablespoon horseradish<br>(if desired) | 2 cups cooked macaroni                |
|  | Salt and pepper                       |

Melt the fat and blend in the flour. Pour in the milk and cook over low heat, stirring constantly, until thickened. Add horseradish, onion, eggs, and macaroni. Season with salt and pepper. Sprinkle with grated cheese if desired, and serve with toast.

For a baked dish -- pour the mixture into a greased baking dish, top with fine, dry bread crumbs mixed with a little melted fat, and bake in a moderate oven (350°F.) 20 to 30 minutes. If desired, mix 1 cup grated cheese with the bread crumbs before sprinkling them over the top of the dish. For a dash of color, quarter two medium-sized tomatoes and press the cut sides into the top of the mixture so that the skin side is exposed. Sprinkle with bread crumbs and bake until tomatoes are tender.

EGG CROQUETTES

|   |   |
|---|---|
| 1 tablespoon minced onion                               | 4 to 6 hard-cooked eggs                       |
| $\frac{1}{4}$ cup minced celery (if available)          | 1 tablespoon minced parsley<br>(if available) |
| 3 tablespoons fat, melted                               | Salt and pepper                               |
| 6 tablespoons flour                                     | $\frac{1}{2}$ cup poultry seasoning or thyme  |
| 1 $\frac{1}{2}$ cups milk                               | Fine, dry bread crumbs                        |
| 2 cups cooked macaroni<br>( $\frac{1}{2}$ -inch pieces) |   |

Cook the onion and celery in the melted fat until lightly browned. Blend in the flour. Add the milk and cook over low heat, stirring constantly until thickened. Stir in the macaroni, eggs, parsley, and seasonings; then spread evenly in a shallow pan. When thoroughly chilled, shape into croquettes, and roll in bread crumbs. Cook in a little fat in a frying pan until brown on all sides.

Or place on a greased baking sheet and bake in a moderately hot oven ( $375^{\circ}\text{F}.$ ) for 30 minutes. Turn the croquettes until brown on all sides. Makes 12 croquettes.

#### VEGETABLE SOUFFLE

|  |                               |
|--|-------------------------------|
| 1 tablespoon minced onion                | $\frac{3}{4}$ cup milk        |
| 1 tablespoon finely chopped green pepper | 3 or 4 eggs, separated        |
| 2 tablespoons finely chopped celery      | 1 cup diced cooked vegetables |
| 2 tablespoons fat, melted                | $\frac{3}{4}$ teaspoon salt   |
| 2 tablespoons flour                      | pepper                        |
|  | 1/4 cup fine dry bread crumbs |

Brown the onion, green pepper, and celery lightly in the melted fat. Blend in the flour and add the milk. Cook over low heat, stirring constantly, until thickened. Beat egg yolks; add the sauce, then the vegetables, crumbs, salt and pepper. Beat egg whites until stiff but not dry; fold in the vegetable mixture. Pour into a greased baking dish and bake in a moderate oven ( $325^{\circ}\text{F}.$ ) 50 to 60 minutes or until set. Serve with tomato, cheese, or mushroom sauce if desired.

For cheese Souffle -- omit vegetables and breadcrumbs and add 1 cup grated cheese.

#### EGGS WITH VEGETABLES

|   |                                 |
|---|---------------------------------|
| 2 tablespoons fat, melted                                     | Pepper                          |
| 2 tablespoons flour   | 6 medium-sized cooked           |
| 2 cups milk   | potatoes, sliced                |
| 1 tablespoon minced parsley<br>or water cress, (if available) | 4 to 6 hard-cooked eggs, sliced |
| $1\frac{1}{2}$ teaspoons salt                                 | 1 cup soft bread crumbs         |

Blend melted fat and flour thoroughly. Add the milk. Cook over low heat, stirring constantly, until thickened. Add the parsley or water cress, salt, and pepper. Place alternate layers of potatoes and eggs in a greased baking dish and pour the white sauce over the top. Sprinkle with the bread crumbs. Bake in a moderately hot oven ( $375^{\circ}\text{F}.$ ) 15 to 20 minutes or until the crumbs are browned.

#### EGGS CREEOLE

|  |                     |
|--|---------------------|
| $\frac{1}{2}$ cup chopped onion        | 2 cups water        |
| $\frac{1}{4}$ cup chopped green pepper | 1 cup uncooked rice |
| 2 tablespoons fat, melted              | Salt and pepper     |
| $2\frac{1}{2}$ cups tomatoes           | 6 eggs              |

Cook the onion and green pepper in the fat until onion is lightly browned. Pour in tomatoes and water; bring to boiling. Add the rice and cook slowly until rice is tender (25 to 30 minutes). Add more water if rice becomes dry. Season with salt and pepper. Drop in the eggs, cover, and simmer about 10 minutes or until eggs are firm.

If preferred -- instead of the poached eggs -- quarter 4 to 6 hard-cooked eggs and serve on top of the creole rice.

#### FISH WITH EGG SAUCE

Add 3 finely chopped hard cooked eggs to a thin white sauce, and serve hot over fried or baked fish.

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Write to WFA's Office of Distribution for additional recipes using medium-cost eggs in made dishes. They're included in the Bureau of Human Nutrition and Home Economics leaflet "Egg Dishes for Any Meal" (AWI - 89).